TIMEOUT CD TRACKS

	TIME:
1. INTRODUCTION TO HEMI-SYNC SOUND AND GUIDANCE INTO LIGHT SLEEP(STAGE 1,2)	15.24
2. GUIDANCE TO DEEP SLEEP(DELTA)	8.12
3. RETURN TO FULL PHYSICAL WAKEFULNESS	4.50
4. LIGHT SLEEP EXTENSION	14.36
5.DEEP SLEEP EXTENSION	7.01
6.DREAMING SLEEP(REM)	7.58
7.REGENERATIVE AFFIRMATION	1.58
8.SHORT VERSION,GUIDANCE TO STAGE 1	7.72
9.SHORT VERSION, RETURN TO PHYSICAL WAKING	3.48

BASIC PROGRAMMING	TRACK SEQUENCE
SHORT NAP	1-2-5-3
LONGER NAP	1-4-2-5-3
EXTENDED SLEEP	1-2-5-5-4-6-5-5-5

(When user is familiar with the method, track 1 may be replaced by track 8, and track 3 replaced by track 9)